**FIG. 1****REPLACEMENT SHEET**

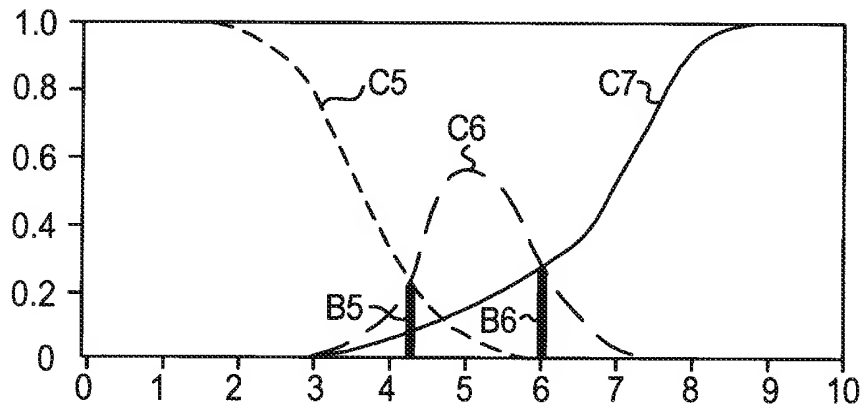


FIG. 2A

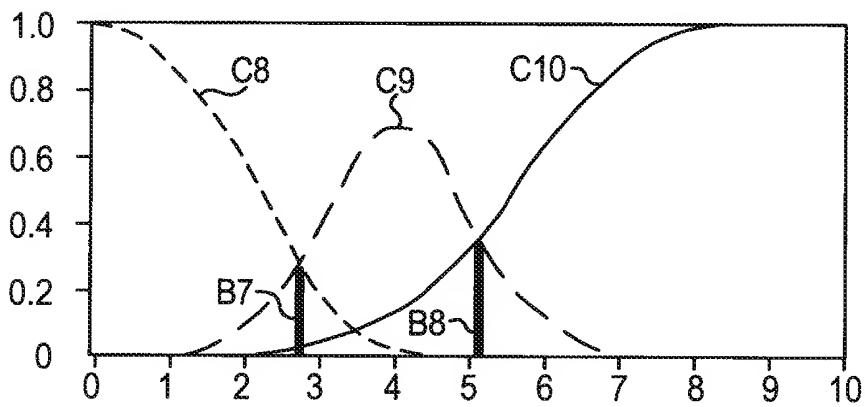


FIG. 2B

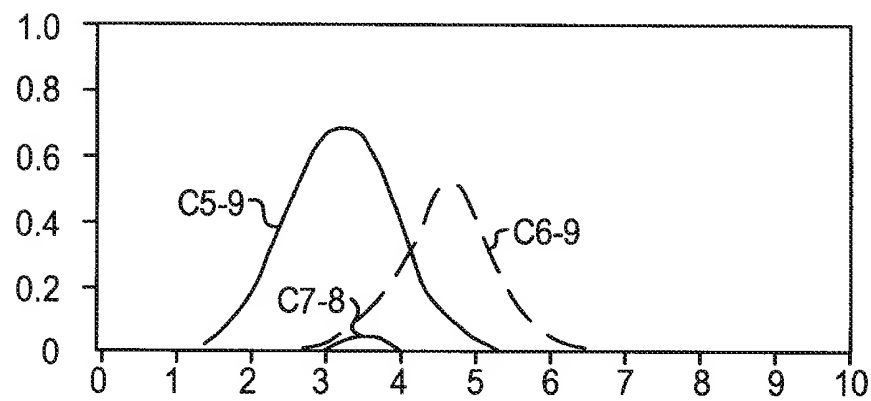
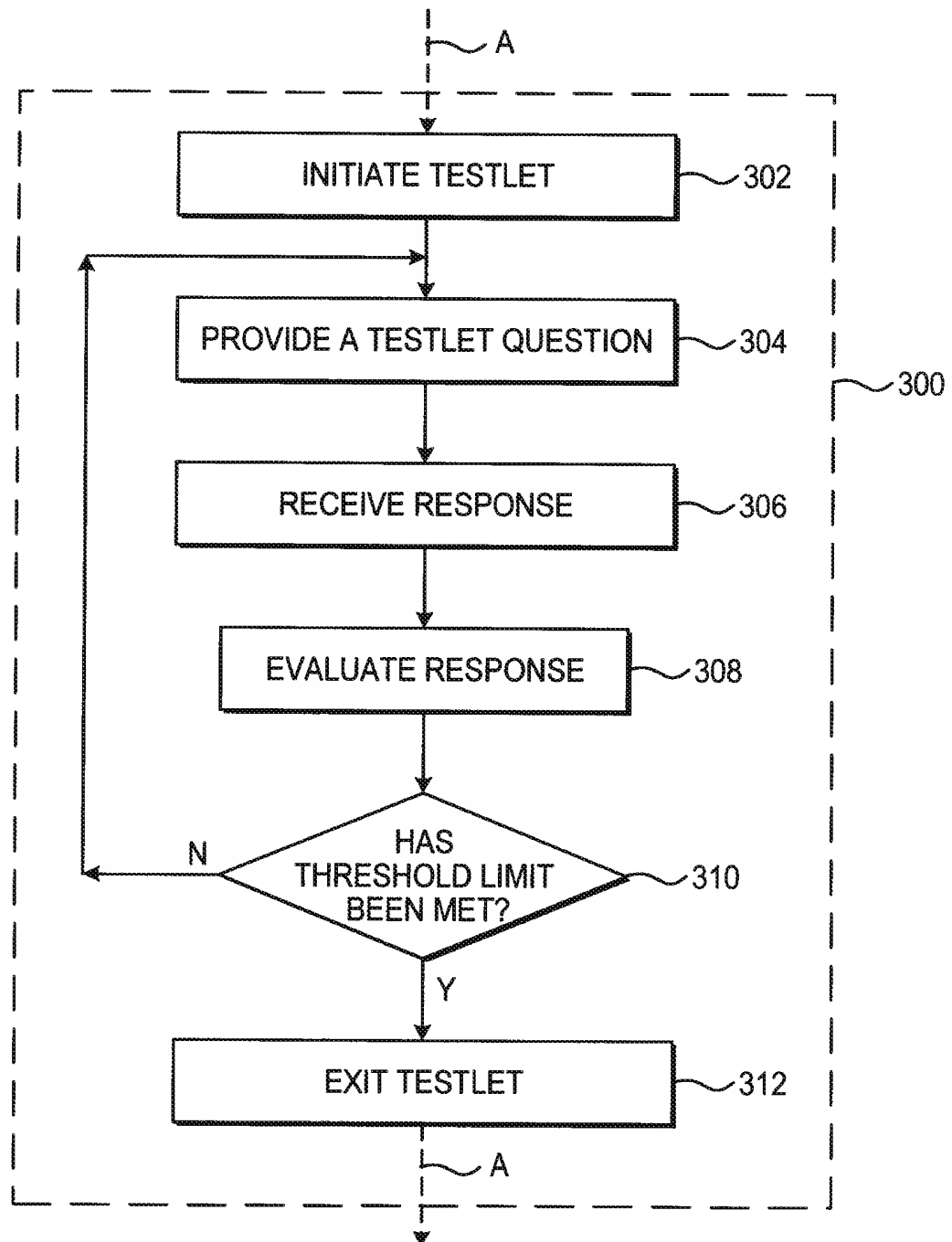


FIG. 2C

**FIG. 3****REPLACEMENT SHEET**

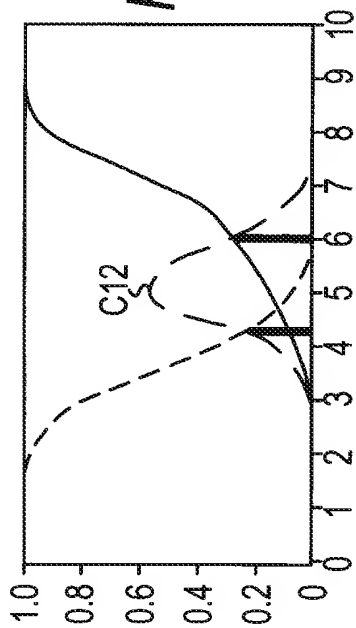


FIG. 4A-1

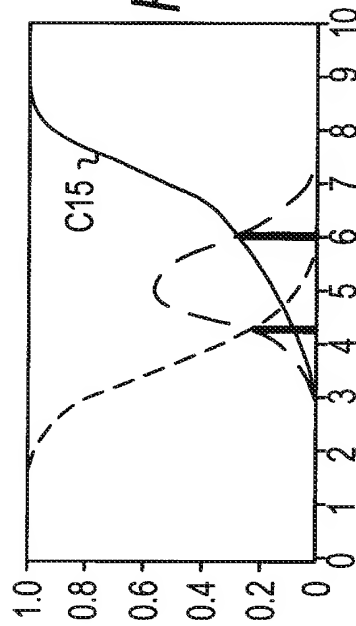


FIG. 4B-1

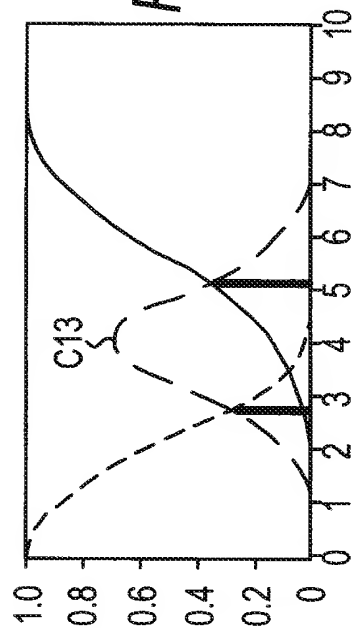


FIG. 4A-2

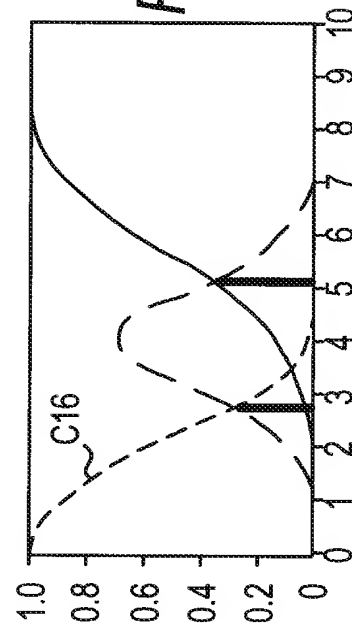


FIG. 4B-2

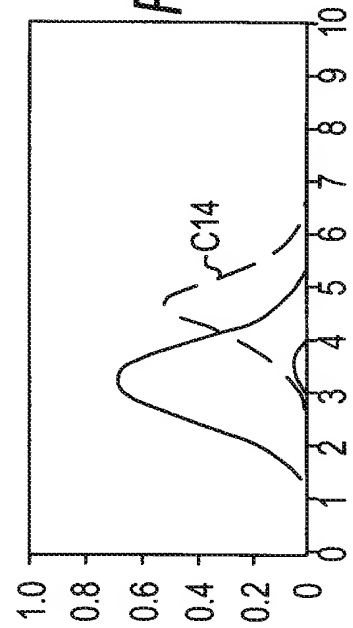


FIG. 4A-3

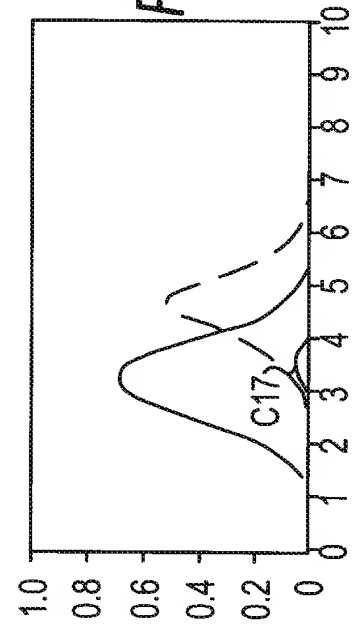
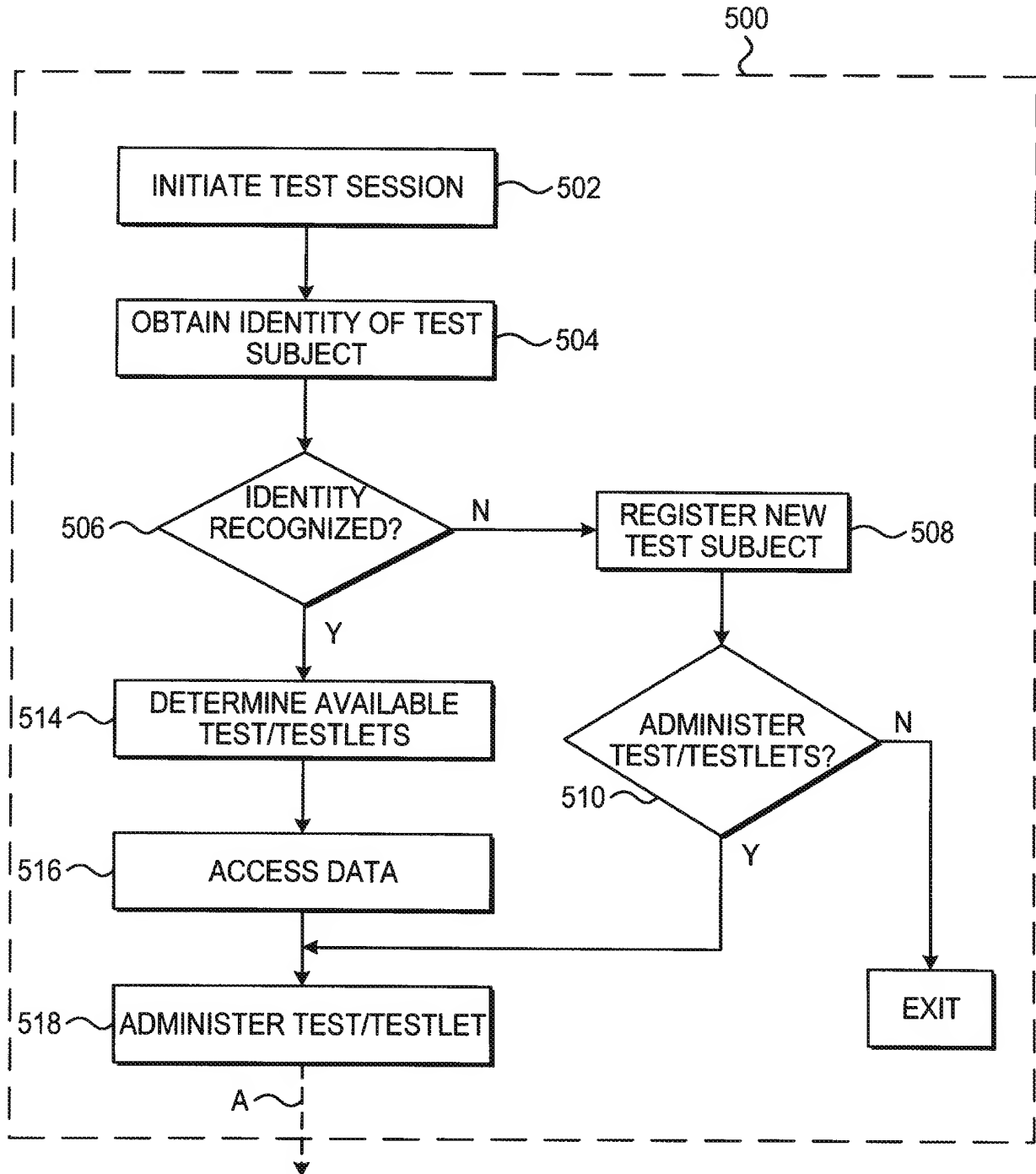
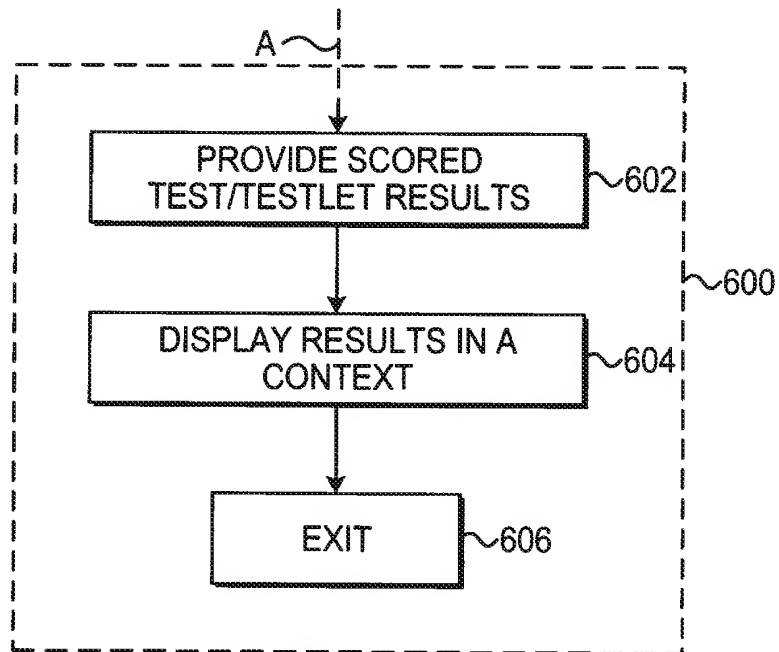


FIG. 4B-3

**FIG. 5**

**FIG. 6**

DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

THIS SURVEY ASKS YOU QUESTIONS ABOUT HOW YOUR PHYSICAL AND EMOTIONAL HEALTH AFFECT THINGS YOU DO EVERY DAY. YOU ARE THE EXPERT ON THESE ASPECTS OF YOUR OVERALL HEALTH. PLEASE ANSWER THE QUESTIONS BY CLICKING THE ANSWER THAT BEST DESCRIBES HOW YOU HAVE BEEN DOING DURING THE PAST 4 WEEKS. IF YOU ARE NOT SURE ABOUT A QUESTION, PLEASE GIVE THE BEST ANSWER YOU CAN.

CONTINUE

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-1

HTTP://WWW.AMIHEALTHY.COM/DYNHA/STEPONE.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

1. OVERALL, HOW WOULD YOU RATE YOUR HEALTH DURING THE PAST 4 WEEKS?

☒ EXCELLENT

☐ VERY GOOD

☐ GOOD

☐ FAIR

☐ POOR

☐ VERY POOR

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-2



HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

2. THE FOLLOWING QUESTIONS ARE ABOUT ACTIVITIES YOU MIGHT DO DURING A TYPICAL DAY. DURING THE PAST 4 WEEKS, HOW MUCH DID PHYSICAL HEALTH PROBLEMS LIMIT YOUR USUAL PHYSICAL ACTIVITIES (SUCH AS WALKING OR CLIMBING STAIRS)?

☒ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☐ QUITE A LOT  
☐ COULD NOT DO PHYSICAL ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...


INTERNET

3:29PM

FIG. 7-3

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

3. DURING THE PAST 4 WEEKS, HOW MUCH DIFFICULTY DID YOU HAVE DOING YOUR DAILY WORK, BOTH INSIDE AND OUTSIDE THE HOUSE, BECAUSE OF YOUR PHYSICAL HEALTH

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO DAILY WORK

NEXT

EXIT SURVEY

NEXT

CONTINUE TO THE NEXT QUESTION

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-4

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

4. HOW MUCH BODILY PAIN HAVE YOU HAD DURING THE PAST 4 WEEKS?

☒ NONE

☐ VERY MILD

☐ MILD

☐ MODERATE

☐ SEVERE

☐ VERY SEVERE

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-5

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

5. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

DURING THE PAST 4 WEEKS, HOW MUCH ENERGY DID YOU HAVE?

☒ VERY MUCH

☐ QUITE A BIT

☐ SOME

☐ A LITTLE

☐ NONE

NEXT

EXIT SURVEY

NEXT

CONTINUE TO THE NEXT QUESTION

START

AMIHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-6

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

6. THE NEXT QUESTIONS ASK ABOUT YOUR SOCIAL ACTIVITIES.

DURING THE PAST 4 WEEKS, HOW MUCH DID YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS LIMIT YOUR USUAL SOCIAL ACTIVITIES WITH FAMILY OR FRIENDS?

☒ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☐ QUITE A LOT  
☐ COULD NOT DO SOCIAL ACTIVITIES

NEXT

NEXT

EXIT SURVEY

CONTINUE TO THE NEXT QUESTION

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-7

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

7. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

HOW MUCH HAVE YOU BEEN BOTHERED BY EMOTIONAL PROBLEMS (SUCH AS FEELING ANXIOUS, DEPRESSED OR IRRITABLE)?

☒ NOT AT ALL  
☐ SLIGHTLY  
☐ MODERATELY  
☐ QUITE A LOT  
☐ EXTREMELY

NEXT  
 NEXT  
 EXIT SURVEY

CONTINUE TO THE NEXT QUESTION


START INTERNET 3:29PM

AMLHEALTHY.COM... DYNAMIC HEALTH SURVEY

FIG. 7-8

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™



DYNAMIC HEALTH SURVEY™

8. DURING THE PAST 4 WEEKS, HOW MUCH DID PERSONAL OR EMOTIONAL PROBLEMS KEEP YOU FROM DOING YOUR USUAL WORK, SCHOOL OR OTHER DAILY ACTIVITIES?

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO DAILY ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-9

DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER			
<div style="text-align: center;"> <b>DYNAMIC HEALTH SURVEY™</b>  <b>REPORT FOR ANONYMOUS</b>  <b>MAY 10, 2000</b> </div>			
# YOUR SCORES	? WHAT YOUR SCORES MEAN		
REPORT DATE: MAY 10, 2000 AGE: UNKNOWN GENDER: UNKNOWN CONDITIONS: UNKNOWN			
> PHYSICAL HEALTH SUMMARY    57		BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT: COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR... <ul style="list-style-type: none"> <li>• FUNCTIONING IS BETTER THAN MOST</li> <li>• PAIN IS MUCH LESS</li> <li>• PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS THE SAME OR BETTER EMOTIONALLY...</li> <li>• BOTHERED LESS THAN MOST</li> <li>• PARTICIPATION IN SOCIAL ACTIVITIES IS LESS LIMITED</li> <li>• PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED LESS</li> </ul>	
YOUR PHYSICAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.			
> MENTAL HEALTH SUMMARY    56		OVERALL, YOUR...	
<div style="text-align: center;"> <b>DYNAMIC HEALTH SURVEY™</b>  <b>REPORT FOR ANONYMOUS</b>  <b>MAY 10, 2000</b> </div>			
DONE		INTERNET	
START		AMLHEALTHY.COM...	
3:29PM		3:29PM	

FIG. 7-10A



FIG. 7-10B



# DYNAMIC HEALTH SURVEY™

## REPORT FOR ANONYMOUS

#	YOUR SCORES	?	WHAT YOUR SCORES MEAN
REPORT DATE:	MAY 10, 2000	BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT:	
AGE:	UNKNOWN	COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR...	
GENDER:	UNKNOWN	• FUNCTIONING IS BETTER THAN MOST	
CONDITIONS:	UNKNOWN	• PAIN IS MUCH LESS	
> PHYSICAL HEALTH SUMMARY	57	• PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS THE SAME OR BETTER EMOTIONALLY...	
30 40 50 60 70 WORST US AVG. BEST		• BOTHERED LESS THAN MOST	
YOUR PHYSICAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.		• PARTICIPATION IN SOCIAL ACTIVITIES IS LESS LIMITED	
> MENTAL HEALTH SUMMARY	56	• PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED LESS	
30 40 50 60 70 WORST US AVG. BEST		OVERALL, YOUR...	
YOUR MENTAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING ACCOUNT THE MARGIN OF ERROR.		• RATING OF YOUR HEALTH IS MUCH BETTER	
		• ENERGY LEVEL IS MUCH HIGHER	
✓	YOUR PROGRESS	✓	WHAT YOU SHOULD DO
DATE	PHYSICAL HEALTH SUMMARY	DATE	PHYSICAL HEALTH SUMMARY
CURRENT: 5/10/00	57	DATE	PHYSICAL HEALTH SUMMARY
• WE ENCOURAGE YOU TO BECOME A REGISTERED USER SO THAT WE CAN REPORT AND INTERPRET YOUR CHANGES IN SCORES OVER TIME.		• IN THREE MONTHS, TAKE THIS SURVEY AGAIN TO CONTINUE MONITORING YOUR PROGRESS.	
		• BY SHOWING THIS REPORT TO YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER, YOU CAN WORK TOGETHER TO MAKE SURE THAT YOUR PHYSICAL & MENTAL HEALTH ARE AS GOOD AS THEY CAN BE.	
NOTE: THIS SURVEY IS NOT A DIAGNOSTIC TOOL. IT IS INTENDED TO SUPPLEMENT, BUT NOT REPLACE OR CONTRADICT THE ADVICE OF YOUR PERSONAL PHYSICIAN. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, IT IS ALWAYS A GOOD IDEA TO SEEK ONE-ON-ONE PROFESSIONAL MEDICAL CONSULTATION.			

FIG. 7-10C

DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

THIS SURVEY ASKS YOU QUESTIONS ABOUT HOW YOUR PHYSICAL AND EMOTIONAL HEALTH AFFECT THINGS YOU DO EVERY DAY. YOU ARE THE EXPERT ON THESE ASPECTS OF YOUR OVERALL HEALTH. PLEASE ANSWER THE QUESTIONS BY CLICKING THE ANSWER THAT BEST DESCRIBES HOW YOU HAVE BEEN DOING DURING THE PAST 4 WEEKS. IF YOU ARE NOT SURE ABOUT A QUESTION, PLEASE GIVE THE BEST ANSWER YOU CAN.

CONTINUE

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...


3:51 PM

FIG. 8-1

HTTP://WWW.AMIHEALTHY.COM/DYNHA/STEPONE.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



1. OVERALL, HOW WOULD YOU RATE YOUR HEALTH DURING THE PAST 4 WEEKS?

☐ EXCELLENT  
☐ VERY GOOD  
☐ GOOD  
☐ FAIR  
☐ POOR  
☒ VERY POOR

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET


3:52PM

FIG. 8-2

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



2. HOW TRUE OR FALSE IS THE FOLLOWING IS THE FOLLOWING STATEMENT FOR YOU? I AM IN POOR HEALTH.

☒ DEFINITELY TRUE

☐ MOSTLY TRUE

☐ DON'T KNOW

☐ MOSTLY FALSE

☐ DEFINITELY FALSE

NEXT

EXIT SURVEY

DONE

INTERNET

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...


3:52PM

FIG. 8-3

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



3. IN GENERAL, WOULD YOU SAY YOUR HEALTH IS:



☐ EXCELLENT

☐ VERY GOOD








☐ GOOD

☐ FAIR

☒ POOR

DONE

START        DYNAMICHEALTHS

INTERNET


3:52PM

FIG. 8-4

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



4. HOW TRUE OR FALSE IS THE FOLLOWING IS THE FOLLOWING STATEMENT FOR YOU? I HAVE BEEN FEELING SICKLY FOR A LONG TIME

☐ DEFINITELY TRUE  
☒ MOSTLY TRUE  
☐ DON'T KNOW  
☐ MOSTLY FALSE  
☐ DEFINITELY FALSE

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET


3:53PM

FIG. 8-5

HTTP://WWW.AMIHEALTHY.COM/DYNHA/EXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



5. THE FOLLOWING QUESTIONS ARE ABOUT ACTIVITIES YOU MIGHT DO DURING A TYPICAL DAY. DURING THE PAST 4 WEEKS, HOW MUCH DID PHYSICAL HEALTH PROBLEMS LIMIT YOUR USUAL PHYSICAL ACTIVITIES (SUCH AS WALKING OR CLIMBING STAIRS)?

☐ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☒ QUITE A LOT  
☐ COULD NOT DO PHYSICAL ACTIVITIES

DONE INTERNET

START AMIHEALTHY.COM... DYNAMIC HEALTH SURVEY 3:53PM


FIG. 8-6



HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



6. DOES YOUR HEALTH NOW LIMIT YOU IN WALKING ONE HUNDRED YARDS? IF SO HOW MUCH?

☒ YES, LIMITED A LOT

☐ YES, LIMITED A LITTLE

☐ NO, NOT LIMITED AT ALL

NEXT

EXIT SURVEY

DONE

START

INTERNET

AMLHEALTHY.COM...

DYNAMIC HEALTH S...


3:53PM

FIG. 8-7

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



7. DURING THE PAST 4 WEEKS, HOW MUCH DIFFICULTY DID YOU HAVE DOING YOUR DAILY WORK, BOTH INSIDE AND OUTSIDE THE HOUSE, BECAUSE OF YOUR PHYSICAL HEALTH

☐ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☒ QUITE A LOT  
☐ COULD NOT DO PHYSICAL ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH'S

INTERNET


3:53 PM

FIG. 8-8

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™



8. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME WERE YOU LIMITED IN THE KIND OF WORK OR OTHER ACTIVITIES YOU DID AS A RESULT OF YOUR PHYSICAL HEALTH?

☐ ALL OF THE TIME  
☒ MOST OF THE TIME  
☐ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

INTERNET

AMLHEALTHY.COM...

DYNAMIC HEALTHS

3:53PM

FIG. 8-9

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

9. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAVE YOU HAD DIFFICULTY PERFORMING WORK OR OTHER ACTIVITIES AS A RESULT OF YOUR PHYSICAL HEALTH (FOR EXAMPLE, IT TOOK EXTRA EFFORT)?

☒ ALL OF THE TIME  
☐ MOST OF THE TIME  
☐ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-10

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

10. HOW MUCH BODILY PAIN HAVE YOU HAD DURING THE PAST 4 WEEKS?

☐ NONE  
☐ VERY MILD  
☐ MILD  
☐ MODERATE  
☒ SEVERE  
☐ VERY SEVERE

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-11

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

11. DURING THE PAST 4 WEEKS, HOW MUCH DID PAIN INTERFERE WITH YOUR NORMAL WORK (INCLUDING BOTH WORK OUTSIDE THE HOME AND HOUSEWORK)?

☐ NOT AT ALL  
☐ A LITTLE BIT  
☐ MODERATELY  
☐ QUITE A BIT  
☒ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-12

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™

DYNAMIC HEALTH SURVEY™

12. DURING THE PAST 4 WEEKS, HOW MUCH DID PAIN INTERFERE WITH YOUR RECREATIONAL ACTIVITIES?

☐ NOT AT ALL  
☐ A LITTLE BIT  
☐ MODERATELY  
☒ QUITE A BIT  
☐ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-13

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™

DYNAMIC HEALTH SURVEY™

13. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

DURING THE PAST 4 WEEKS, HOW MUCH ENERGY DID YOU HAVE?

☐ VERY MUCH  
☐ QUIT A BIT  
☒ SOME  
☐ A LITTLE  
☐ NONE

DONE  
 START  
 AMLHEALTHY.COM...  
 DYNAMIC HEALTH S...  
 INTERNET  
 3:53 PM

FIG. 8-14



HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™

DYNAMIC HEALTH SURVEY™

14. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL TIRED?

☐ ALL OF THE TIME  
☐ MOST OF THE TIME  
☒ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-15

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

15. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL WORN OUT?

☐ ALL OF THE TIME  
☐ MOST OF THE TIME  
☒ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-16

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

16. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU HAVE A LOT OF ENERGY?

☐ ALL OF THE TIME  
☐ MOST OF THE TIME  
☒ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-17

HTTP://WWW.AMHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

17. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL FULL OF LIFE?

☐ ALL OF THE TIME  
☐ MOST OF THE TIME  
☐ SOME OF THE TIME  
☒ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START



AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53 PM

FIG. 8-18

18. THE NEXT QUESTIONS ASK ABOUT YOUR SOCIAL ACTIVITIES.

DURING THE PAST 4 WEEKS, HOW MUCH DID YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS LIMIT YOUR USUAL SOCIAL ACTIVITIES WITH FAMILY OR FRIENDS?

☐ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☐ QUITE A LOT  
☒ COULD NOT DO SOCIAL ACTIVITIES

NEXT

EXIT SURVEY

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

19. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAS YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS INTERFERED WITH YOUR SOCIAL ACTIVITIES (LIKE VISITING WITH FRIENDS, RELATIVES, ETC.)?

☒ ALL OF THE TIME  
☐ MOST OF THE TIME  
☐ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-20

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

20. DURING THE PAST 4 WEEKS, TO WHAT EXTENT HAS YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS INTERFERED WITH YOUR NORMAL SOCIAL ACTIVITIES WITH FAMILY, FRIENDS, NEIGHBORS, OR GROUPS?

☐ NOT AT ALL  
☐ A LITTLE BIT  
☐ MODERATELY  
☐ QUITE A BIT  
☒ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-21

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

21. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

HOW MUCH HAVE YOU BEEN BOTHERED BY EMOTIONAL PROBLEMS (SUCH AS FEELING ANXIOUS, DEPRESSED OR IRRITABLE)?

☐ NOT AT ALL  
☐ SLIGHTLY  
☐ MODERATELY  
☒ QUITE A LOT  
☐ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-22



HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

22. DURING THE PAST MONTH, HOW DEPRESSED (AT ITS WORST) HAVE YOU FELT?

☐ EXTREMELY DEPRESSED  
☒ VERY DEPRESSED  
☐ QUITE DEPRESSED  
☐ SOMEWHAT DEPRESSED  
☐ A LITTLE DEPRESSED  
☐ NOT DEPRESSED AT ALL

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH'S...

INTERNET

3:53PM

FIG. 8-23

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™

DYNAMIC HEALTH SURVEY™

23. DURING THE PAST MONTH, HOW MUCH OF THE TIME HAVE YOU BEEN IN LOW OR VERY LOW SPIRITS?

☒ ALL OF THE TIME  
☐ MOST OF THE TIME  
☐ A GOOD BIT OF THE TIME  
☐ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-24

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amIhealthy.com™

DYNAMIC HEALTH SURVEY™

24. DURING THE PAST 4 WEEKS, HOW MUCH DID PERSONAL OR EMOTIONAL PROBLEMS KEEP YOU FROM DOING YOUR USUAL WORK, SCHOOL OR OTHER DAILY ACTIVITIES?

☐ NOT AT ALL  
☐ VERY LITTLE  
☐ SOMEWHAT  
☒ QUITE A LOT  
☐ COULD NOT DO DAILY ACTIVITIES

NEXT

EXIT SURVEY

DONE AMLHEALTHY.COM... DYNAMICHEALTHS... INTERNET 3:53PM

FIG. 8-25

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

amlhealthy.com™

DYNAMIC HEALTH SURVEY™

25. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAVE YOU CUT DOWN ON THE AMOUNT OF TIME YOU SPENT ON WORK OR OTHER ACTIVITIES AS A RESULT OF ANY EMOTIONAL PROBLEMS (SUCH AS FEELING DEPRESSED OR ANXIOUS)?

☐ ALL OF THE TIME  
☒ MOST OF THE TIME  
☐ SOME OF THE TIME  
☐ A LITTLE OF THE TIME  
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

AMLHEALTHY.COM...

DYNAMIC HEALTH S...

INTERNET

3:53PM

FIG. 8-26


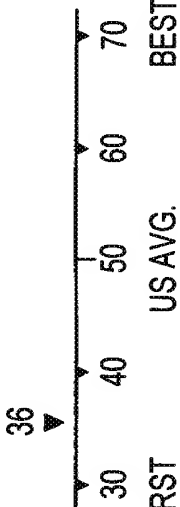
DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER	
FILE EDIT VIEW FAVORITES TOOLS HELP	
BACK FORWARD STOP REFRESH HOME SEARCH FAVORITES HISTORY MAIL PRINT EDIT DISCUSS	
<div style="text-align: center;">    <b>DYNAMIC HEALTH SURVEY™</b>   <b>REPORT FOR ANONYMOUS</b>   <b>MAY 10, 2000</b> </div>	
# YOUR SCORES	? WHAT YOUR SCORES MEAN
REPORT DATE: MAY 10, 2000	BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT:  COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR... • FUNCTIONING IS WORSE • PAIN IS VERY MUCH WORSE • PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS MUCH WORSE EMOTIONALLY... • BOTHERED MUCH MORE THAN MOST • PARTICIPATION IN SOCIAL ACTIVITIES IS MUCH MORE LIMITED • PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED MUCH MORE OVERALL, YOUR...
AGE: UNKNOWN	
GENDER: UNKNOWN	
CONDITIONS: UNKNOWN	
<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>&gt; PHYSICAL HEALTH SUMMARY 36</p> <div style="text-align: center;">  </div> <p>YOUR PHYSICAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.</p> </div> <div style="flex: 1;"> <p>&gt; MENTAL HEALTH SUMMARY 33</p> </div> </div>	
<div style="display: flex; justify-content: space-between;"> <span>DONE</span> <span>INTERNET</span> </div>	
<div style="display: flex; justify-content: space-between;"> <span>START</span> <span>AMLHEALTHY.COM...</span> <span>DYNAMIC HEALTH SURVEY</span> </div>	
3:29PM	

FIG. 8-27A

DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER	
FILE EDIT VIEW FAVORITES TOOLS HELP	
BACK FORWARD STOP REFRESH HOME SEARCH FAVORITES HISTORY MAIL PRINT EDIT DISCUSS	
33 ▼ 30 40 50 60 70 WORST US AVG. BEST YOUR MENTAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING ACCOUNT THE MARGIN OF ERROR.	• RATING OF YOUR HEALTH IS MUCH WORSE • ENERGY LEVEL IS MUCH LOWER
WHAT YOU SHOULD DO • SCHEDULE TODAY, AN APPOINTMENT WITH YOUR DOCTOR TO DISCUSS THE IMPACT THAT YOUR PERSONAL AND EMOTIONAL PROBLEMS ARE HAVING YOUR LIFE. • IN ONE MONTH, TAKE THIS SURVEY AGAIN TO CONTINUE MONITORING YOUR PROGRESS. • BY SHOWING THIS REPORT TO YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER, YOU CAN WORK TOGETHER TO MAKE SURE THAT YOUR PHYSICAL & MENTAL HEALTH ARE AS GOOD AS THEY CAN BE.	
YOUR PROGRESS DATE PHYSICAL HEALTH MENTAL HEALTH SUMMARY CURRENT: 5/10/00 36 33 • WE ENCOURAGE YOU TO BECOME A REGISTERED USER SO THAT WE CAN REPORT AND INTERPRET YOUR CHANGES IN SCORES OVER TIME.	
NOTE: THIS SURVEY IS NOT A DIAGNOSTIC TOOL. IT IS INTENDED TO SUPPLEMENT, BUT NOT REPLACE OR CONTRADICT THE ADVICE OF YOUR PERSONAL PHYSICIAN. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, IT IS ALWAYS A GOOD IDEA TO SEEK ONE-ON-ONE PROFESSIONAL MEDICAL CONSULTATION.	
CLOSE POWERED BY:	
DONE AMLHEALTHY.COM... DYNAMIC HEALTH'S... INTERNET 3:29PM	

FIG. 8-27B



DYNAMIC HEALTH SURVEY™

REPORT FOR ANONYMOUS

#	YOUR SCORES	?	WHAT YOUR SCORES MEAN
	REPORT DATE: MAY 10, 2000 AGE: UNKNOWN GENDER: UNKNOWN CONDITIONS: UNKNOWN		BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT:  COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR... <ul style="list-style-type: none"><li>• FUNCTIONING IS WORSE</li><li>• PAIN IS VERY MUCH WORSE</li><li>• PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS MUCH WORSE</li></ul> EMOTIONALLY... <ul style="list-style-type: none"><li>• BOTHERED MUCH MORE THAN MOST</li><li>• PARTICIPATION IN SOCIAL ACTIVITIES IS MUCH MORE LIMITED</li><li>• PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED MUCH MORE</li></ul> OVERALL, YOUR... <ul style="list-style-type: none"><li>• RATING OF YOUR HEALTH IS MUCH WORSE</li><li>• ENERGY LEVEL IS MUCH LOWER</li></ul>
>	PHYSICAL HEALTH SUMMARY 36  30 40 50 60 70 WORST US AVG. BEST YOUR PHYSICAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.		
>	MENTAL HEALTH SUMMARY 33  30 40 50 60 70 WORST US AVG. BEST YOUR MENTAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING ACCOUNT THE MARGIN OF ERROR.		
✓	YOUR PROGRESS DATE PHYSICAL HEALTH SUMMARY 36 CURRENT: 5/10/00 MENTAL HEALTH SUMMARY 33  • WE ENCOURAGE YOU TO BECOME A REGISTERED USER SO THAT WE CAN REPORT AND INTERPRET YOUR CHANGES IN SCORES OVER TIME.	✓	WHAT YOU SHOULD DO <ul style="list-style-type: none"><li>• SCHEDULE TODAY, AN APPOINTMENT WITH YOUR DOCTOR TO DISCUSS THE IMPACT THAT YOUR PERSONAL AND EMOTIONAL PROBLEMS ARE HAVING YOUR LIFE.</li><li>• IN ONE MONTH, TAKE THIS SURVEY AGAIN TO CONTINUE MONITORING YOUR PROGRESS.</li><li>• BY SHOWING THIS REPORT TO YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER, YOU CAN WORK TOGETHER TO MAKE SURE THAT YOUR PHYSICAL &amp; MENTAL HEALTH ARE AS GOOD AS THEY CAN BE.</li></ul>
NOTE: THIS SURVEY IS NOT A DIAGNOSTIC TOOL. IT IS INTENDED TO SUPPLEMENT, BUT NOT REPLACE OR CONTRADICT THE ADVICE OF YOUR PERSONAL PHYSICIAN. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, IT IS ALWAYS A GOOD IDEA TO SEEK ONE-ON-ONE PROFESSIONAL MEDICAL CONSULTATION.			